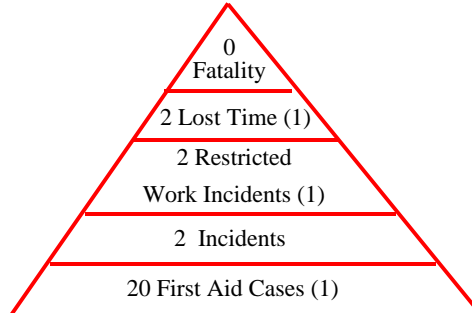


# LaRC SAFETY HIGHLIGHTS

February 19, 2002

FY 2002 - Civil Servants



( ) = Number of new occurrences

OSHA Recordable Cases = Fatalities, Lost Time, Incidents and Restricted Work Incidents  
Incidents = Cases in which more than first aid treatment is required, but less than 8 hours of time is lost.  
Restricted Work Incidents = Cases requiring first aid treatment, resulting in light duty restrictions.

## Injury/Mishap Information



- The Center has been **22** days **without** a Civil Servant **Lost Time Injury**.
- Lost Time Accident - A previously reported OSHA Restricted Work Incident has resulted in a Lost Time Incident. A SMC employee who had sustained a back strain from loading a workbench onto a cart is now expected to be out of work for 26 days. The employee has been counseled on proper lifting techniques and instructed to obtain assistance from additional individuals when performing this type of work.
- Restricted Work Incident - A SEC employee sustained a shoulder injury while lifting a 50 lb. toolbox onto a cabinet. The employee was instructed to use a shop lift or obtain assistance from a co-worker in the future.
- The following first aid case involving a civil servant was reported:
  - An AAAC employee setting up a model in a facility experienced muscle spasms due to being in the same position for a prolonged period of time.

**Step-Ladder Safety** - Follow these tips when using a step ladder to avoid a mishap:



- Don't stand on the top step of the ladder
- Ascend/descend facing the ladder.
- Use only wood or fiberglass ladders when working around electrical equipment.
- Do not stretch on a ladder. Get off and reposition the ladder.



**Weekly Video Schedule** - February 19-22, 2002 - Safety Equipment; Machine Shop Safety; Forklift Safety; and Housekeeping.